

DANCE LIKE A WOODCOCK!



Photo Credit: Audobon

Are you ready to learn how to dance like a Woodcock? Check out the video and observe the true dance instructor. Put on your dancing shoes and get ready! Play upbeat dance music of your choice. A funky beats playlist would work well.



Photo Credit: Canva



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STAGE 1: RIGHT

- Put your right foot out. Place it firmly on the ground.
- Keep your knees loose.
- Raise your back up into an arch.
- Lower your back down. Rock forward on your knee. Allow your back left heel to lift slightly.
- Rock back to center.
- Repeat this motion 2 times matching the rhythm of the Woodcock to the beat of the music.

STAGE 2: LEFT

- Put your left foot out and place firmly on the ground.
- Repeat all of the steps in Stage 1 opposite using left foot in front and right in back.
- Repeat the motion 2 times.

STAGE 3: SWITCH

- Switch back to your right foot.
- Follow Stage 1 directions the whole way through.
- Switch to left foot.
- Follow Stage 2 directions.

STAGE 4: REPEAT

- Repeat the steps and pattern as long as you would like! Have a great time!



Photo Credit: All About Birds